 **UNIVERSITY OF MAINE AT FARMINGTON**

**COLLEGE OF EDUCATION, HEALTH AND REHABILITATION**

**LESSON PLAN FORMAT**

**Teacher’s Name:** Ms. Jones  **Lesson #: 2 Facet:** Apply

**Grade Level:** 9-Diploma  **Numbers of Days: 2**

**Topic:** Self-worth and Physical activity

**PART I:**

**Objectives**

**Student will understand that** being physically active will enhance their daily lives.

**Student will know** how to sequence and use timeliness through fit day

**Student will be able**perform different forms of physical activity and see if they help students with their mental/intellectual, emotional health.

**Product: Fitday**

**Maine Learning Results (MLR) or Common Core State Standards (CCSS) Alignment**

**Maine Learning Results**  
**Content Area:** Health Education and Physical Education  
**Standard Label:** H. Physical Fitness Activities and Knowledge  
**Standard:**H4 Physical Activity Benefits  
**Grade Level Span:** Grades 9 - Diploma  
Students explain the interrelationship of physiological responses and physical, mental/intellectual, emotional, and social benefits related to regulate participation in physical activity.

**Rationale:**

Students will be exploring new forms of physical activity in hopes to have students find at least one form of physical activity that appeals to them. They will begin to see how physical activity will enhance their daily lives.

**Assessments**

**Formative (Assessment for Learning)**

**Section I – checking for understanding during instruction**

Students will perform a quick write to the following question: Why is it important for you to find a form of physical activity that you enjoy doing?

**Section II – timely feedback for products (self, peer, teacher)**

Students will be given a checklist of all they have to be responsible for in tracking their lives in fitday.

**Summative (Assessment of Learning):**

Students will be using sequencing and timeline skills while tracking their physical activity, food intake and emotions in Fitday daily.

**Integration**

**Technology:**

Fitday- Students will tracking their food intake, physical activity, mood and be able to also journal in Fitday

**Content Areas:**

Psychology- students will be able to see if different forms of physically activity puts them in a mental and emotional state.

**Groupings**

**Section I - Graphic Organizer & Cooperative Learning used during instruction**

Students will use the 3 step interview process to be able to get other perspectives on what they feel is self-worth and how they can improve it. Students will use the cluster graphic organizer and listing 4 others students ideas.

**Section II – Groups and Roles for Product**

The product for this lesson will be their continuous work in fitday. Each person will record their own lives each day and at the end of the unit they will assess on their thoughtful responses and completion.

**Differentiated Instruction**

**MI Strategies**

* **Logical:** Students will be able to experience first-hand their reactions to physical activity
* **Visual:** The hook in this lesson will engage these learners and the participating in the activities will give them the opportunity to watch how it is done first hand.
* **Musical:** As we are all participating in physical activity music will be playing in the background.
* **Interpersonal:** Students will be able to engage with another when we are performing physical activity.
* **Kinesthetic:**As a class will be doing physical activity so that these students will be able to experience instead of just learn the material.
* **Naturalist:** When we are participating in the physical activity we will be going outside to show the advantages of being active in the fresh air.

**Modifications/Accommodations**

***From IEP’s (Individual Education Plan), 504’s, ELLIDEP (English Language Learning Instructional Delivery Education Plan)***

*I will review student’s IEP, 504 or ELLIDEP and make appropriate modifications and accommodations.*

**Plan for accommodating absent students:**

Absent students will be responsible for looking on the wikispace for the YouTube video's that have been posted by the teacher. They then will be asks to write/ record their feelings toward the activity. Making sure to address questions such as: Did they like it or not. How did they feel before and after. In what ways would this activity benefit them and others.

**Extensions**

**Type II technology:**

Tracking in Fitday-Students will tracking their food intake, physical activity, mood and be able to also journal in Fitday. They will be able to visually see their progress through different graphs and charts on fitday.

**Gifted Students:** Students will be able continue the activities as desired.

**Materials, Resources and Technology**

* Handouts
* Computer
* Music
* Candles
* Mats

**Source for Lesson Plan and Research**

<http://www.youtube.com/watch?v=jjJFNgMMKSE>  
<http://www.yogajournal.com/poses/finder/browse_index>-Yoga poses  
<http://www.movingintostillness.com/book/yoga_benefits_of.html>- Why Yoga  
<http://www.webmd.com/balance/guide/the-health-benefits-of-yoga>- Benefits to Yoga  
<http://www.abc-of-yoga.com/beginnersguide/yogabenefits.asp>- Benefits to yoga  
<http://en.wikipedia.org/wiki/Pilates#Benefits_of_Pilates>- Pilates  
<http://www.shapefit.com/pilates-exercises.html>- Poses for Pilates  
<http://www.youtube.com/watch?v=lCg_gh_fppI> Youtube for Pilates  
<http://www.eduplace.com/graphicorganizer/pdf/cluster.pdf>- graphic organizer

**PART II:**

**Teaching and Learning Sequence (Describe the teaching and learning process using all of the information from part I of the lesson plan)** *Take all the components and synthesize into a script of what you are doing as the teacher and what the learners are doing throughout the lesson. Need to use all the WHERETO’s. (3-5 pages)*

Class arrangement: tables of 4-5 students, except when performing activities class will either be in the gym or outside.  
Agenda:   
Day 1

* Attendance: 5 minutes
* Hook: 5 minutes
* Fitday Instructions: 15 minutes
* Pass out Graphic Designer and Begin Cooperative learning: 20 minutes
* Yoga: 25 minutes
* Discussion of how they feel: 10 minutes

Day 2

* Attendance: 5 minutes
* Pilates: 35 minutes
* PowerPoint and you tube videos of different forms of activities an cites to find them: (giving them resources for final project) 40 minutes

Students will understand that being physically active will enhance their daily lives. Students will be able to make connections between the amount of physical active and their emotions by tracking their lives in Fitday. This will help them see just how much physical activity can affect your life. S*tudents explain the interrelationship of physiological responses and physical, mental/intellectual, emotional, and social benefits related to regulate participation in physical activity.* The teacher will provide a presentation on what self-worth is and how it can be effected by physical activity.  
**Where, Why, What, Hook. Tailors: Visual, Interpersonal**  
  
Students will know how to use timelines and sequencing in their work with fitday. (See Content Notes) Students will be using graphic organizers when working in groups with students. They will be asking each other they think self-worth is. They will also be asked to discuss the effects of low self-esteem and high self-esteem. Students will also perform a quick write on: Why is it important for you to find a form of physical activity that you enjoy doing? The teacher will be collected the quick writes and the graphic organizers to see if the students are understanding the material. See content Notes.  
**Equip, Explore, Rethink, Tailors: Interpersonal, Logic, Intrapersonal**  
  
Students will be able to experience different forms of physical activity (Yoga/Pilates/ P.E class) The hope is for the students to realize that there are an infinite ways to be physical active and the effect that it will have one their self-esteem. Some students don't feel comfortable playing sports or running, hopefully they will be able to find something that they enjoy doing and that they will stick with. The underlying theme that I am trying to convey is physical activity is such a good way to release all of the negatives of one’s life and maybe for just 20 minutes they will be able to be comfortable with themselves and feel good. Students will be able to discuss their thinking with the class but they will be working on their products alone. In using fitday students will be able to see the trends of emotions and physical activity and the hope is that they will see that even if they only perform physical activity for just a little bit they can improve their self-esteem and realize the importance of physical activity.  
**Explore, Experience, Rethink, Revise, Refine, Tailors: Kinesthetic, Musical, Intrapersonal, Logic, Visual**  
  
  
Students will be able to self asses through fitday daily. They will also be self-assessing while performing the 3 way interviewing. Teacher will be collecting quick writes and graphic organizers and will be able to give timely feedback through those and through fitday. They will be continually working with fitday in the next lesson by using the journal section and also keeping up with their tracking of emotions, food, and physical activity.  
**Evaluate, Tailors: Interpersonal, Logic**

**Content Notes**

Students will know…..

Self-worth: Respect for oneself  
  
*Yoga:*  
*Why yoga?*  
*Yoga improves strength, balance, flexibility, posture, blood pressure decreases, and will help you find relation Yoga has also been proven to lower anxiety and depression. Yoga has been practice for more than 5000 years as a form of meditation.*  
*Practice Breathing/ Relaxed*  
*Hold each positions for 30 seconds*

* [*Easy Pose*](http://www.yogajournal.com/poses/2481)*: Sitting Indian style on the floor relaxing your body fully, escaping to another world.*
* [Child's Pose](http://www.yogajournal.com/poses/475)*: On your knees with hands reached out as far as you can. First starting out with hand directly over your head, then stretch to the right back to the center and then to the left and back to the center.*
* [*Cobra:*](http://www.yogajournal.com/poses/471)*Walk your hands so that you’re laying down facing the floor. From there push up onto your hands so that you feel a stretch*
* [*Downward-facing dog:*](http://www.yogajournal.com/poses/491)*Both hands and feet on the floor. First use is as a stretch then start "pedaling" lift one heel at a time.*
* [*Warrior 2 pose:*](http://www.yogajournal.com/poses/495)*From downward facing dog put one foot between your hands slowly lift your hands and stand as your feet are. Put your hands out to the sides of your and hold. Put your hands back on the floor put your foot back and bring the other one forward and repeat.*
* *From the warrior pose go straight into downward-facing dog slowly walk your hands to your feet and slowly stand up releasing one vertebrate at a time.*
* [*Tree Pose*](http://www.yogajournal.com/poses/496)*: Once you’re standing up place the heel of one of your feet into your upper thigh. (If you can’t simple put it on the calf region of your leg). Once you have stabilized yourself bring your hands towards your chest and place them together. Hold this position for 30 seconds and repeat for opposite leg.*

*Pilates:*  
"Pilates is a body conditioning routine that may help build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back. It puts emphasis on spinal and pelvic alignment, breathing, and developing a strong core or center, and improving coordination and balance. Pilates' system allows for different exercises to be modified in range of difficulty from beginning to advanced. Intensity can be increased over time as the body conditions and adapts to the exercise.” Wikipedia  
  
*Practice Breathing/ Relaxed*

* Lay down(making sure your back is flat, if you put your hands underneath your back its not flat enough)
* Practice breathing 4 in 4 out (making sure your breathing deep breaths)
* Bend your knees into a flat tale top position, lift your upper back as if to do a crunch and then do the [100 warm up.](http://www.shapefit.com/pilates-exercises-hundred-modification-back-conditions.html) (arms on each side moving up and down quickly (remember 4 breaths and 4 out)
* Bring legs in and feel a stretch and then put them down.
* Stretch out whole body reaching your hands and feet as far as they’ll go.
* Bring your arms forward once they get by your shoulders start to bring your head up curly your back on the mat. Then roll back down SLOWLY looking at naval (one of these equals 6 crunches!)
* Bring one leg in and one lift off the floor, pull pull switch, pull pull switch.
* Legs up in table top position then up.

**Handouts**

*Cluster- Graphic organizer*

*Directions for fitday*

*Quick Write Prompt*

**Maine Common Core Teaching Standards for Initial Teacher Certification and Rationale**

***Standard 1 – Learner Development. The teacher understands how learners grow and develop, recognizing that patterns of learning and development vary individually within and across the cognitive, linguistic, social, emotional, and physical areas, and designs and implements developmentally appropriate and challenging learning experiences.***

***Learning Styles***

***Clipboard:***

Students with this type of learning style will be able to access the wikispace with any questions. They will also be able to be on time and organized if they keep up with fitday daily

***Microscope:***

Students will be able to analyze their selves by seeing their reactions to different forms of physical activity. They will be able to see the connections between physical activity and their emotions through fitday.

***Puppy:***

Students will be able to be in a comfortable environment when performing these physical activities. The teacher will be watching for bullying and sarcastic remarks, in the hope to control distractions.

***Beach Ball:***

Students will be able to be explore themselves in performing new activities.

***Rationale:***

My hope for this lesson is to provide adequate information and inventiveness so that all the different types of learning styles are addressed.

***Standard 6 -* *Assessment. The teacher understands and uses multiple methods of assessment to engage learners in their on growth, to monitor learner progress, and to guide the teacher's and learner's decision making.***

***Formative:***

Students will perform a quick write to the following question: Why is it important for you to find a form of physical activity that you enjoy doing? Students will use the 3 step interview process to be able to get other perspectives on what they feel is self-worth and how they can improve it. Students will use the cluster graphic organizer and listing 4 others students ideas.

***Summative:***

Students will be using sequencing and timeline skills while tracking their physical activity, food intake and emotions in Fitday daily.

***Rationale:***

***Standard 7* - *Planning Instruction. The teacher plans instruction that supports every student in meeting rigorous learning goals by drawing upon knowledge of content areas, curriculum, cross-disciplinary skills, and pedagogy, as well as knowledge of learners and the community context.***

***Content Knowledge:***

***MLR or CCSS:***

**Maine Learning Results**  
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Students explain the interrelationship of physiological responses and physical, mental/intellectual, emotional, and social benefits related to regulate participation in physical activity.

***Facet:*** Apply

***Rationale:*** Students will be able to apply physical activity into their daily lives and see improvements in mental/emotional and see the social benefits in being physically active.

***Standard 8 -* *Instructional Strategies. The teacher understands and uses a variety of instructional strategies to encourage learners to develop deep understanding of content areas and their connections, and to build skills to apply knowledge in meaningful ways.***

***MI Strategies:***

* **Logical:** Students will be able to experience first-hand their reactions to physical activity
* **Visual:** The hook in this lesson will engage these learners and the participating in the activities will give them the opportunity to watch how it is done first hand.
* **Musical:** As we are all participating in physical activity music will be playing in the background.
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***Type II Technology:***

Fitday

***Rationale: Fitday will be a great resource for the students. With many different perks Fitday offers students with many different M.I’s to be engaged in the website. ( Visual, Interpersonal, Intrapersonal, Logical and if their recording their physical activity itll also apply the kinesthetic learner as well.)***

***NETS STANDARDS FOR TEACHERS***

**1. Facilitates and Inspire Student Learning and Creativity. Teachers use their knowledge of subject matter, teaching and learning, and technology to facilitate experiences that advance student learning, creativity, and innovation in both face-to-face and virtual environments.**

a. Promote, support, and model creative and innovative thinking and inventiveness

b. Engage students in exploring real-world issues and solving authentic problems using digital tools and resources

c. Promote student reflection using collaborative tools to reveal and clarify students’ conceptual understanding and thinking, planning, and creative processes

d. Model collaborative knowledge construction by engaging in learning with students, colleagues, and others in face-to-face and virtual environments

***Rationale:*** Students will be able to experience firsthand different ways in which to be physically active. Students will be working in groups, alone and also with the teacher with the constant stream of feedback.

**2. Design and Develop Digital Age Learning Experiences and Assessments. Teachers design, develop, and evaluate authentic learning experiences and assessment incorporating contemporary tools and resources to maximize content learning in context and to develop knowledge, skills, and attitudes identified in the NETS-S.**

a. Design or adapt relevant learning experiences that incorporate digital tools and resources to promote student learning and creativity

b. Develop technology-enriched learning environments that enable all students to pursue their individual curiosities and become active participants in setting their own educational goals, managing their own learning, and assessing their own progress

c. Customize and personalize learning activities to address students’ diverse learning styles, working strategies, and abilities using digital tools and resources

d. Provide students with multiple and varied formative and summative assessments aligned with content and technology standards and use resulting data to inform learning and teaching

***Rationale:*** Students will be able to customize their learning as much as they won’t. Students are going to be expected to perform physical activity daily, but that is where the freedom can emerge. Weather they play sports, clean the house, play at the park, and kind of physical activity is accepted.